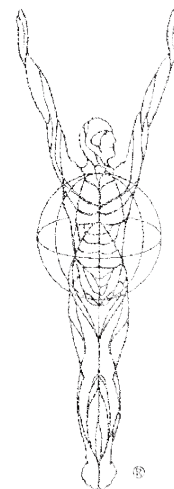


The Association for Hanna Somatic Education[®], Inc. Presents:

2012 AHSE Convention

Thursday, April 26th - Sunday, April 29th

Institute of Noetic Sciences, 101 San Antonio Road, Petaluma



PRE-CONVENTION DAY WORKSHOP 9 am - 4:30 pm (open to the public)

This day-long intensive, presented by AHSE[®], is for bodyworkers, doctors, dancers, somatic therapists and others interested in the body, healing, and change. It is part of the 2011 AHSE Convention. **Continuing Education Units available.**

Thursday, April 26th



JEFF ROCKWELL

A Somatic Approach to Neuromuscular Therapy

For many years, neuromuscular and myofascial therapies have been understood to function primarily through mechanical, structural principles. We know, today, that muscles and fascia are wildly alive with sensory nerve receptors. In this seminar, Dr. Rockwell will guide participants to use these techniques with an understanding of the self-regulatory dynamics of the client's nervous system. While traditionally the practitioner is viewed as the expert technician, client and practitioner will work together as a learning team in order to discover new options for movement and postural organization.

Specific topics will include:

- Where to work: respecting receptor density (face, hands, abdomen, pelvis)
- How to work: timing for best optimizing results; understanding mechanoreceptors; engaging the autonomic nervous system
- Employing client participation (NMT plus active micromovements)
- How to utilize Trigger Point guides as documented by Travel and Simon.

Time will be devoted to both lecture and hands-on demonstrations and bodywork practice sessions.

Dr. Jeff Rockwell has more than 25 years of experience as a practitioner, educator and author in the area of chiropractic, bodywork and somatic education. He lectures throughout Canada and the United States, and currently teaches at the National Holistic Institute in San Jose, California and is in private practice in nearby Los Gatos.

\$155 per workshop (includes lunch)

To REGISTER:

Mail *Check or Money Order* (payable to 'AHSE') to:
925 Golden Gate Dr, Napa, CA 94558

Overnight accommodations and extra meals available for additional fee. Call Susan Koenig at 510-848-4129.

Name: _____

Phone #: (____) _____

Card #: _____

Exp Date: _____ Validation Code: _____

Address: _____

(use *one form* per participant)

AHSE CONVENTION: *Friday, April 26th through Sunday, April 29th*

Friday, April 27th (AHSE members only)



ELEANOR CRISWELL HANNA, Ed.D

New Discoveries in Synaptic Plasticity

In this presentation, Eleanor will explore the new discoveries in synaptic plasticity and how they can contribute to our understanding of how Hanna Somatic Education works. She will also explore the role of Hanna Somatic Education in the brain building needed for work with some functional disorders.

Eleanor Criswell Hanna, Ed.D., co-founded the Novato Institute for Somatic Research and Training with Thomas Hanna in 1975, which she continues to run along with the Somatics magazine and newsletter. She has written books, sponsors the Hanna Somatic Professional Training Program and the Equine Somatic Training Program. She conducts research; and produces video and audio DVDs and CDs. Please visit her website: www.somaticsed.com.



NOVATO INSTITUTE TEACHING TEAM

Recalibration of LESSON TWO

Deepen your understanding of this important lesson, including innovative enhancements. After the demonstration, participants will share their insights and enhancements. If you have a favorite addition to Protocol 2, or other move/pandiculation you love and use frequently, please share it with us. Remember each lesson works with the whole soma. After this portion of the afternoon we'll choose partners and give and receive about an hour session! We love this!

Saturday, April 28th (open to the public)



PETER BEHEL

Practical Pain Management: How Nervous System Regulation Forms the Basis for Comprehensive Pain Management

Chronic pain is a condition affecting more than 100 million Americans a year, yet pain sufferers are commonly directed to interventions lacking a comprehensive approach. **Chronic pain is a byproduct of the very manner in which chronic pain transmission is structured.** Effective treatment must, therefore, include an understanding of the attributes of pain signal transmission architecture.

This workshop will focus on **the nature of pain signal transmission, and how the structure of the nervous system lends itself to pain signal modulation.** We will examine the impact positive emotions have on the pain experience, and how gloomier outlooks can amplify pain. Shortfalls of currently accepted chronic pain approaches will also be investigated, as well as what can be expected when employing approaches based on functional restoration. You will emerge with a greater understanding of the physiology of the chronic pain process, and the most efficient means of regulating pain.

Peter Behel is a biofeedback specialist who has spent 13 years specializing in the treatment of chronic pain. He began treating chronic pain patients in 1987 as a member of a multidisciplinary pain management program at Mt. Diablo Hospital Medical Center in Concord, California. He has also been involved in treatment of acute care psychiatric disorders as a member of a behavioral health treatment team at the Community Psychiatric Hospital in Santa Rosa. Peter currently sees clients at a physical rehab facility in Mill Valley, and in his private practice in Santa Rosa. He can be reached at 707-579-7982, peterbehel@earthlink.net. His website is www.PacificBio.net.



BRAD BELDNER
Working With Trauma

This workshop explores the effects of trauma on the nervous system and the application of hands-on skills specific to working with clients with PTSD (Post-traumatic Stress Disorder). We will cover hands-on techniques and movement lessons to support nervous system stabilization and to reestablish the mind-body

Brad Beldner is a Somatic Therapist based in Palo Alto, California who specializes in chronic pain, complex pathology, and developmental psychology. Practicing since 1991, Brad has a broad mix of training including Somatic Experiencing, Cranial Sacral Therapy, Osteopathic Methods of Kathy Kain and Ortho-Bionomy, and the Feldenkrais, Hakomi, and Anat Baniel Methods. Brad also has a background in Martial Arts, Yoga, and Theater Improvisation.



PEGGY HACKNEY
Bartanieff Fundamentals

After a great response to her pre-convention workshop last year, we are welcoming Peggy Hackney back on Saturday to take us deeper into the somatic practice of Bartanieff Fundamentals. Bartanieff Fundamentals is an approach to basic body training that deals with principles of anatomical body function within a context that encourages personal expression and full psychophysical functioning as an integral part of total body mobilization.

Similar to the cat stretch in Hanna Somatic Education, Peggy will teach and lead attendees actively through basic neurological patterns that are at the core of Bartanieff Fundamentals. The workshop will emphasize weight shift and joint activation throughout all planes of movement. This will be an excellent enhancement to your home practice and work with clients.

Peggy Hackney holds a B.A. in Psychology from Duke University, an M.F.A. in Dance from Sarah Lawrence College, and is a Certified Laban/Bartenieff Movement Analyst, a Registered Somatic Movement Therapist (ISMETA), and has a Certificate in Creative Systems Theory and Integral Leadership from The Institute for Creative Development in Seattle, WA. Peggy studied with and assisted Irmgard Bartenieff for 15 years, and has been in the Laban work for 48 years. Currently, Peggy teaches “Somatics for Performers” and approaches to choreography for UC Berkeley. She teaches the Laban/Bartenieff work in Rome, NYC, Sydney, and Rotterdam with dancers/actors, Yoga/Pilates teachers, and Dance Movement Therapists. Peggy’s book, *Making Connections: Total Body Integration through Bartenieff Fundamentals*, is in its third printing, published by Routledge, 2003 (ISBN# 90-5699-7064—to order, call 800-634-7064 or order from Amazon.com.)

Sunday, April 29th (open to the public)



BILL KEELE

Pelvic/Lumbar Solutions: Assessment & Treatment

Participants will participate in review of anatomy of the pelvis including joints and connective tissue relating to the legs and spine. Assessment techniques will be demonstrated and then practiced in pairs. Hanna Somatics treatment solutions will be demonstrated and again practiced with partners. You will leave with a much clearer understanding of what your client is presenting with and more confidence in both your tools to treat with and the sequence of the treatment. More predictable results means more clients!

Bill Keele studied therapeutic movement in the tradition of Viniyoga in 1999, and gained his certification as a Viniyoga teacher. In 1999, Cynthia Lindway, an early Somatics Graduate, introduced Bill to Hanna Somatics. Bill completed the Hanna Somatics Training Program graduating in 2003 in Wave 6. Bill taught Biomechanics and Postural Analysis, studied Ortho-Bionomy and Muscle Energy Technique, and gained certification in Mat Pilates. In 2006, he attended Makawao School of Therapeutic Massage and was licensed in the State of Hawaii. 2010 Bill completed a six-month study in the field of structural Applied Kinesiology taught by another past Hanna Somatics graduate Lorne Fedderson.



KATHERINE KERBER

Explore the Big Three Reflexes Somatically and Free Yourself!

As a way to wrap up the convention and send all attending somas out into the world in their best state, Kathy will guide us through a somatic tour of the Big Three Reflexes followed by full-body integration via guided walking. Feel the posture, the breathing and the movement restrictions present when these reflexes are at work. Then, experience the transition, as you gently and deeply transform your soma to freedom, quieting any remnants left by

these reflexes after this glorious weekend. A guided walking lesson will help you integrate and more fully appreciate how your somatic center is now ready to move you forward in your life.

Katherine Kerber is founder of San Jose-based Persensa. She is a full-time, Certified Hanna Somatic Educator, (Wave 9, Novato Institute). Katherine teaches four weekly classes between San Jose and Santa Cruz, including the City of San Jose Almaden Community Center, the Palo Alto Medical Foundation, and classes provided through her company Persensa. She records classes and makes them available for purchase as well as her "Daily Hanna Somatics Self-Care Program," which is targeted to beginners.

2012 AHSE Convention Schedule

Thursday, April 26th	Pre-Convention Day (Open to the Public)
7:30 - 8:00 am	Check-In
8:00 - 8:45 am	Breakfast
9:00am - 12 pm	Jeff Rockwell - A Somatic Approach to Neuromuscular Therapy
12:15 - 1:30 pm	Lunch
1:30 - 4:30 pm	Jeff Rockwell - continued
4:30 - 4:45 pm	Break
4:45 - 5:45 pm	Community Discussion about day's presentation
6:00 - 7:30 pm	Dinner
7:30 pm onward	Free Time; Classroom available to participants
Friday, April 27th	(Open to Members only)
8:00 - 8:45 am	Breakfast
9:00 am - 9:10 am	Select Tellers Committee
9:10 - 10:20 am	Group Sharing
10:20 - 10:30 am	Break
10:30 - 12: 00 pm	Eleanor Criswell Hanna
12:15-1:45 pm	Lunch
2:00 - 4:00 pm	NI Teaching Team—Lesson 2: TR + Enhancements
4:00 - 4:15 pm	Break
4:15 - 6:15 pm	Practice with Partners
6:30 - 7:30 pm	Dinner
7:45 - 9:30 pm	Annual Business Meeting
Saturday, April 28th	(Open to the Public)
8:00 - 8:45 am	Breakfast
9:00 - 10:30 am	Peter Behel - Practical Pain Management
10:30 - 10:45 pm	Break
10:45 - 12:15 pm	Brad Beldner - Working with Trauma
12:30 - 1:45 pm	Lunch
2:00 - 5:30 pm	Peggy Hackney
6:00 - 7:30 pm	Dinner
7:45 - 10:00 pm	Free evening and Fun
Sunday, April 29th	(Open to the Public)
8:00 - 8:45 am	Breakfast
9:00 am- 12:30 pm	Bill Keele - Pelvic Lumbar Solutions
12:45 - 2:00 pm	Lunch and Pack-up
2:00- - 4:00 pm	Kathy Kerber - Movement
4:00 - 4:15 pm	Break
4:15 - 5:15 pm	Evaluations and Closing Circle